

SUMMIT PREPARATORY CHARTER HIGH SCHOOL
2008-09 SPORTS & PHYSICAL EDUCATION

IMPORTANT DATES AND INFORMATION

Dear Families:

Welcome to the 2008-09 physical education program at Summit Preparatory Charter High School. Summit Prep believes in the holistic education of its students. As part of this philosophy, we have developed a PE requirement that is designed to make sure that students spend a portion of each week keeping fit and healthy. Research clearly shows that students who are physically active perform better academically, have better physical and mental health, and develop increased social and leadership skills.

Requirement

The requirement is for students to complete 4 hours of physical activity per week during the regular quarters at school. Each semester is 15 weeks, which gives approximately 100 hours per school year that must be documented as completed in order to satisfy the PE requirement.

There are 4 ways to satisfy the PE requirement –

- 1) Play a sport! Summit will offer Intramural and Varsity Sports each season in which all students are encouraged and welcome to participate.
- 2) Attend the Riekes Center!
- 3) Participate in an approved outside activity.
- 4) Bike, walk, or actively skateboard to school.

PE hours will be monitored each month by the student's mentor. It is the student's responsibility to complete this requirement!

Option 1 – Sports

Each season Summit Prep offers a variety of sports. Students should watch for signs around campus pointing them to the signup sheets, which will be posted around the school. Parents and students should make sure to read Summit Up Weekly for important sports' announcements. In addition, information and announcements may be obtained by going to the sports website at <http://summitprepathletics.olinesports.com/>

Please note—Fall signups were collected in the spring of last year; if you missed the signups (or are a Transfer or Freshman) and desire to participate, please see the note section following the table below.

The sports offered for the 2008-09 school year will be as follows:

FALL	WINTER	SPRING
Varsity Boys Soccer	Varsity Boys Basketball	Varsity Boys Baseball
Varsity Girls Volleyball	Varsity Girls Basketball	Intramural Co-Ed Ultimate Frisbee
Intramural Co-Ed Ultimate Frisbee	Varsity Girls Soccer	
Varsity Co-Ed Cross Country (tentative)	Intramural Co-Ed Ultimate Frisbee	

Please note the following:

- ***All athletes must return contribution form, volunteer form, money, and physical to the school before the start of school. You can send this to Summit Prep Charter High School, 890 Broadway Attn: Maura Dudley, Athletics, Redwood City, CA 94063
- If you desire to play a Fall varsity sport, you must sign up **NOW**. Varsity practices begin on approximately August 15. If you would like to join and have not already signed up (or don't remember if you signed up), please contact Dan Robinson at dan@danrobinsonhomes.com on or before **August 8, 2008**. If you missed the Intramural Ultimate Frisbee signups, a new signup sheet will be posted during the first week of school on the bulletin board.
- All students participating in a Summit Prep sport must complete either the Intramural or Varsity Packet. All forms are available for download at <http://summitprepathletics.olinesports.com/> under the Links/Forms section. Fall varsity sports' participants should turn in the varsity packet at the first practice. All other students should turn packets in to the sports box, which will be located in the office at school once school has started. Varsity sport participants are required to have a physical, so make an appointment with your doctor ASAP. If your student had a recent physical, you may fax or mail the form to your doctor to complete it.
- Students who participate in a varsity sport are prohibited from playing the same sport during the same season for another organization. (The only exception to this rule is for boys' soccer, when boys may play both Summit soccer and an outside soccer league.) In other words, if a student plays varsity girls volleyball at Summit Prep, that student is prohibited from participating on a club team volleyball team during the fall season. (California Interscholastic Federation-Central Coast Section "CIF-CCS" Regulation)
- **ATTENTION 10-12 GRADE TRANSFER STUDENTS – If a student transferred from another high school and he/she desires to play a varsity sport at Summit Prep, please contact Dan Robinson at dan@danrobinsonhomes.com ASAP to obtain the forms to complete for approval from CIF-CCS.**

Option 2 – Riekes Center

All students (even those returning to Riekes) must complete a Riekes Application and attend an evaluation session. The Riekes Application is available for **download** from the Sports website at <http://www.summitprep.net/> (under Students, Athletics, Links/Forms). For students who do not have internet access at home, you may use a computer at school. See the enclosed letter for more information on getting started at the Riekes Center. **IMPORTANT: Each time a student attends Riekes, he/she must sign in, sign out, and total his/her hours on the Summit Prep Sign-in Sheet. Students who do not sign in will not receive PE credit for those hours.**

All families and students who will be new to Riekes for the 08-09 school year are required to attend one hour-long orientation at Riekes. The dates are Monday August 18th at noon, Wednesday August 20th at 6pm, or Saturday August 23rd at 11am. Please put one of these dates on your calendar. The orientation will include a tour, an information session, and distribution of the required forms.

Option 3 and 4 – Outside Activity and Commuting to School

Students may submit a formal plan **each season** for an activity that is outside of the school. (The formal plan will be available soon for **download** from the Sports website at <http://www.summitprep.net/> (under Students, Athletics, Links/Forms).) The activity must be structured in such a way that a coach of some sort can verify that the student is completing the amount of hours that is claimed on the activity plan. Please submit your plan to the main office or the Athletics mailbox. Once the plan has been approved, the student is responsible for obtaining the necessary verification on the form and returning it to the sports slot in the main office by the due date printed thereon. You need to submit a similar form if your commute to school is physical activity and attach a map

PLEASE NOTE—ALL STUDENTS DESIRING CREDIT FOR AN OUTSIDE ACTIVITY—EVEN THOSE WHO PARTICIPATED LAST YEAR IN OUTSIDE ACTIVITIES (SUCH AS NOR-CAL CREW AND PENINSULA YOUTH SAILING FOUNDATION), MUST SUBMIT A FORMAL PLAN FOR APPROVAL **EACH SEASON**.

If your questions have not been answered by the information contained herein, you may contact our parent volunteer Dan Robinson at dan@danrobinsonhomes.com.

SUMMIT PREPARATORY CHARTER HIGH SCHOOL JV/VARSITY SPORTS & INTRAMURAL PROGRAM

Dear Summit JV/Varsity Sports Families,

For those of you whose children have been at Summit since its inception, you know how far the sports program has come. For those who are new to Summit this year, the sports program has evolved very quickly and successfully. Development of the programs has not been without an incredible amount of volunteer effort by parents and staff, and of course has required designated funds to run the programs. Our Sports Program relies mostly on contributions to pay for coaches, uniforms, gym/field space and equipment. Therefore, your generous contributions are greatly needed to meet our budget of approximately \$30,000. In the spirit of supporting a vibrant sports program at Summit, we are asking every family with a child playing JV/Varsity sports at Summit to contribute \$150.00 per JV/Varsity sport in which your child participates and \$50 per intramural season. If you would like to contribute more, please feel free. This will be the only opportunity to donate specifically to the Sports Program and so we truly appreciate any donations that go above and beyond the standard fee. If your child is not a part of Summit Sports, but you would like to support our program, feel free as well. Please note that no child will be excluded for lack of funds. If your child is on scholarship, please indicate so below.

This year, in order to fully support our program, we are also doing a great deal of fundraising. We are requiring that all sports families volunteer their time in the form of working at concessions at one Stanford game and 5 additional hours per sport. Please see the next page for more information and a volunteer form.

Your check may be made payable to Summit Preparatory Charter High School and turned in at the sports' mailbox at the school with the attached packet. Thank you for making the sports' program at Summit successful! Please do not hesitate to contact Athletic Director Maura Dudley (mdudley@summitprep.net) or Athletic Administrator Dan Robinson (dan@danrobinsonhomes.com) if you have any questions.

Please stay tuned for information about an all-sport meeting at Summit in the early fall.

Summit Sports Committee

PLEASE TURN IN YOUR CONTRIBUTION FOR JV/VARSITY SPORTS WITH YOUR SPORTS PACKET ATTACHED (SEPARATE FOR EACH CHILD) The rest of the packet should be downloaded under Links/Forms at <http://summitprepathletics.olinesports.com/>)

Print Your Name _____

Print Student's Name _____

Number of JV/Varsity Sports This Year _____ x \$150 per sport = _____

Number of Intramural Seasons This Year _____ x \$50 per season = _____

Other Donation \$ _____

Check for Scholarship _____

TOTAL AMOUNT ENCLOSED: _____

SUMMIT SPORTS VOLUNTEER FORM

If you are interested in volunteering for Summit Sports, we thank you. One of the great things about Summit Sports is that our athletes participate in the fundraising, which gives them more buy-in to the program. We are also looking for parents to serve as team administrators and team fundraising coordinators for all sports.

We are asking everyone to fill out the following form. All students (and/or their family members) must volunteer at one Stanford game selling concessions (exact dates to be determined) as well as 5 hours per sport. Students should fill out contact information and indicate their date preference below. Parents should also fill out contact information and indicate interest in volunteering as well.

****FOR ALL FAMILIES TO FILL OUT. PLEASE RETURN WITH DONATION FORM AND PHYSICAL**

Student Athlete Name: _____

Summit Sport(s): _____

Student Email address (print clearly): _____

Circle Two Preferred Stanford Dates (we will assign you to one but note that we are not guaranteed the opportunity to work these dates, but they are the possible times):

Thurs Aug 28 6pm Sat Sept 20 Sat Oct 11 Sat Nov 1 Sat Nov 15

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Parent 1 Name: _____

Phone: _____

Preferred Email (print clearly): _____

Are you interested in being one of the team administrators that helps with events, updating the community about the sport, and fundraising? (Exact job roles will be formalized as we determine interest.)

Yes! No Write in response: _____

Parent 2 Name: _____

Phone: _____

Email: _____

Are you interested in being one of the team administrators that helps with events, updating the community about the sport, and fundraising? (Exact job roles will be formalized as we determine interest.)

Yes! No Write in response: _____

If you have a Safeway Card, we can use the number for our eScrip program. You will likely receive more information about it in the fall, but you can help us earn money for the school now:

Safeway Account Number (not your phone number): _____

Other Volunteer Opportunities that my student would be interested in helping to publicize/coordinate (please circle):

1. Movie Nights (a movie will be shown at Summit and admission will be charged)
2. Student-Faculty Basketball Game
3. Chipotle Night (families will eat at Chipotle restaurant on a given night and proceeds will be donated to Summit Sports)